

Fitness Center Reimbursement Program - Returning June 1, 2017

Sanford Health Plan's fitness center reimbursement program is now paperless! You can enroll and manage your account online at your convenience. It's easy to get started.

Returning participants

If you were enrolled in fitness center reimbursements during 2015 or 2016, you must verify your information. Follow these steps:

1. Have your insurance member ID, gym barcode and banking information ready.
2. Go online to NIHCArewards.org and click "Verify Member Information." You will be emailed a security code that is only good for 10 minutes. This will allow you to verify your member information.
3. Review the information on the final page and make sure it is up to date. If you had any changes in health insurance coverage, banking or fitness centers, you will need to update this page.

New participants

If you are new to the fitness center reimbursement program and would like to enroll for the first time, follow these steps:

1. Have your insurance member ID and banking information ready.
2. Go to NIHCArewards.org and click "First Time Enrollment." Select Sanford Health Plan from the drop down menu.
3. Search for your fitness center location by zip code. If your gym does not appear in the results, try increasing the search radius. Select your club and click "Enroll Online."
4. Read and agree to terms of service.
5. Enter your contact, health plan and banking information and click "Submit."

Don't forget!

Before you can receive any fitness center payments, you must take your annual health assessment (also called LifeScore). Taking the LifeScore is easy and only takes 15 minutes. This important step unlocks your ability to receive fitness payments and use the redemption center.

1. Log in to your secure member account at sanfordhealthplan.com/memberlogin.
2. Click the "NDPERS Dakota Wellness" tab and select "Wellness Portal" from the drop down menu.
3. Click the "Essential Care" tab near the top of the page. Then select "LifeScore Health Assessment." You will see an option to take the assessment.
4. You will know you have completed the health assessment requirement when you see your LifeScore—a number between 1 and 100. This is a snapshot of your current health and wellness.

If you have trouble completing any of the above steps, please contact Sanford Health Plan Customer Service at (800) 499-3416 | TTY (877) 652-1844.